

July 2024 Aquatics Calendar

The Pinnacle Aquatic
Fitness Center
5525-D Hobby Rd.
Houston, Texas 77053
Monday –Friday
7:30am – 4:00pm
New Hours

Reminder!
Please sign in daily
•To participate in “Aquatic”
activities you must register sign
a waiver of liability
•You must also attend/view a
pool orientation video on
safety and guidelines

- IMPORTANT**
- You must shower before entering the pool.
 - You must wear appropriate swimwear/water shoes.
 - **NO bandages or open sores/wounds**

Lap Swimming
7:45 – 9:05 AM
IMPORTANT
No Free-Swimming During
Lap Swimming Period



**No Lifeguards on Duty Swim at
Your own Risk!!!!**

MONDAY



Tuesday

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Sandi</p> <p>11am-12pm <i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>2</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/ Tyler 2pm-3pm</p>	<p>3</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Aqua Balance w/Sandie 12:15pm-1:15pm (Video)</p> <p><i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>4</p> <div data-bbox="1331 618 1560 737" data-label="Image"> </div> <p>CLOSED</p>	<p>5</p> <p><i>Free Swim</i> 9:05-10:30AM</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>8</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Sandi</p> <p>11am-12pm <i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>9</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/ Tyler 2pm-3pm</p>	<p>10</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p>Aqua Balance w/Sandie 12:15pm-1:15pm <i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>11</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua Aerobics w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p>Aqua Aerobics w/Tyler 2pm-3pm</p>	<p>12</p> <p><i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p>Aqua ZUMBA w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua ZUMBA</i> w/Ms. Sandi (Video) 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>16 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p><i>Aqua Aerobics w/Tyler</i> 2pm-3pm</p>	<p>17 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Aqua Balance w/Sandie</i> 12:15pm-1:15pm (Video) <i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>18 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p><i>Aqua Aerobics w/Tyler</i> 2pm-3pm</p>	<p>19 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua ZUMBA</i> w/Ms. Sandi (Video) 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>22 <i>Free Swim</i> 9:05-10:30AM</p> <p><i>Aqua ZUMBA</i> w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>23 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45</p> <p><i>Aqua Aerobics w/Tyler</i> 2pm-3pm</p>	<p>24 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Aqua Balance w/Sandie</i> 12:15pm-1:15pm <i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	<p>25 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45pm</p> <p><i>Aqua Aerobics w/Tyler</i> 2pm-3pm</p>	<p>26 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua ZUMBA</i> w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>
<p>29 <i>Free Swim</i> 9:05-10:30AM</p> <p><i>Aqua ZUMBA</i> w/Sandi 11am-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 4:00pm</p>	<p>30 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Free Swim</i> (Cycles &Treadmills) 12:15pm – 1:45</p> <p><i>Aqua Aerobics w/Tyler</i> 2pm-3pm</p>	<p>31 <i>Free Swim</i> 9:05-10:30AM (Cycles &Treadmills)</p> <p><i>Aqua Aerobics</i> w/Tyler 11AM-12pm</p> <p><i>Aqua Balance w/Sandie</i> 12:15pm-1:15pm <i>Free Swim</i> (Cycles &Treadmills) 1:15pm – 4:00pm</p>	 <p>Notice! Swim Lessons are in session during free swim 9:10-10:45am Monday-Thursday In designated area W/ Mr. Booker</p>	 <p>NEW Swim Lessons w/Tyler Monday, Wednesday & Friday 2:00pm-3:45pm See Tyler for further information and Sign-up details.</p>